

Table 1. Demographic characteristics of the study population	
Age (years)	65.8 ± 1.2
Gender (male/female)	102/108
Education (years)	12.5 ± 0.5
Marital status (married/divorced/widowed)	150/30/20
Occupation (retired/employed)	150/30
Income (€ per month)	1,200 ± 100
Comorbidities (hypertension/diabetes/cholesterol)	120/40/60
Medication (antidepressants/antipsychotics)	80/20
Alcohol consumption (yes/no)	30/170
Smoking status (smoker/non-smoker)	40/160
Family size (number of children)	2.5 ± 0.5
Living arrangement (alone/together)	30/170
Health insurance (public/private)	150/30
Religious affiliation (Greek Orthodox/other)	170/10
Place of birth (Athens/rural area)	150/30
Duration of residence in the area (years)	35.0 ± 5.0
Previous psychiatric history (yes/no)	20/150
Current psychiatric symptoms (anxiety/depression)	40/130
Physical health status (good/poor)	150/30
Functional status (independent/dependent)	150/30
Social support (strong/weak)	100/70
Life satisfaction (high/low)	100/70
Overall health perception (good/poor)	150/30
Quality of life score (0-100)	65.0 ± 10.0
Health-related quality of life (yes/no)	150/30
Physical health-related quality of life (yes/no)	150/30
Mental health-related quality of life (yes/no)	150/30
Social health-related quality of life (yes/no)	150/30
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Mental health-related quality of life	

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Medication (antidepressants/antipsychotics)	80/20
Alcohol consumption (yes/no)	30/170
Smoking status (smoker/non-smoker)	20/180
Family history (depression/schizophrenia)	40/20
Previous psychiatric hospitalization (yes/no)	30/170
Current psychiatric symptoms (depression/schizophrenia)	100/30
Overall health status (good/poor)	150/30